





# WELLNESS ACTIVITIES

The Spa at Mandarin Oriental, Milan invites you to indulge in a selection of complimentary wellness activities.

Join one of our weekly classes, which are designed to release tension and gain new energy

## Tuesday 2 May

from 11.00am to 1.00pm Thai Back and Shoulder Massage 30 minutes

## Wednesday 10 May

from 11.00am to 1.00pm Reflexology Feet Massage 30 minutes

### Friday 19 May

from 11.00am to 1.00pm
Thai Back and Shoulder Massage
30 minutes

### Tuesday 23 May

from 11.00am to 1.00pm
Reflexology Feet Massage

